Clinical Mythic Realism: A Doctrine by Thomas Kasnowicz

I. Definition

Clinical Mythic Realism is a literary discipline in which the world functions as the primary moral instrument, and myth is treated as observable fact. It binds mythic consequence to realistic causality, allowing tragedy, ritual, and silence to carry the weight of truth.

The method rejects spectacle. It relies on restraint, precision, and the steady observation of human endurance within a world that remembers.

II. Ontology

The World Remembers

1. The world retains the imprint of action. Memory is not metaphorical; it is structural. Landscapes, objects, and atmospheres carry consequence.

Myth as Fact

2. Mythic elements are not symbolic or allegorical. They exist with the same certainty as weather, decay, or gravity.

Moral Physics

3. Actions generate consequence through the world itself. Punishment and reward do not come from gods or systems but from the inherent weight of reality.

Silence as Evidence

4. What is unspoken is not absence. Silence is a form of testimony.

III. The Clinical Method

Precision of Observation

1. Prose is restrained, direct, and unembellished. Emotion is revealed through behavior, environment, and consequence rather than exposition.

Neutral Tone, Heavy Weight

2. The narrative voice does not judge. The world does the judging through what it allows, denies, or remembers.

Ritual Without Ceremony

3. Characters enact rituals through necessity, repetition, or survival. These rituals acquire mythic charge through context, not performance.

Tragedy Without Spectacle

4. Tragedy emerges from inevitability, endurance, and consequence. It is not dramatized; it is observed.

IV. The Mythic Charge

Ordinary Actions Become Sacred

1. Small acts—carrying, burying, repairing, waiting—gain mythic resonance when performed under duress or in the shadow of consequence.

Endurance as Myth

2. Survival itself becomes a mythic act when the world is heavy with memory.

Symbols Are Earned, Not Assigned

3. Objects gain meaning through use, loss, and repetition. Nothing is symbolic by declaration.

Atmosphere as Moral Field

4. Weather, light, distance, and decay carry emotional and moral weight. The environment is an active participant in the narrative.

V. The Covenant

The Author's Responsibility

1. The author must maintain restraint, clarity, and honesty. The doctrine rejects indulgence, sentimentality, and spectacle.

The World's Authority

2. The world—not the author—delivers judgment. The author observes and records.

The Character's Burden

3. Characters carry the weight of their actions. Redemption, if it exists, is earned through endurance, not revelation.

The Reader's Role

4. The reader is trusted to perceive consequence without explanation. Meaning arises from what is shown, not what is declared.

VI. Application

Clinical Mythic Realism may be applied to any setting, era, or scale. It is defined not by content but by discipline:

- myth treated as fact
- consequence embedded in the world
- tragedy rendered through restraint
- atmosphere as moral force
- silence as testimony
- ritual as survival

The doctrine provides a framework for stories grounded in endurance, consequence, and the quiet gravity of mythic reality.

VII. Closing Principle

Clinical Mythic Realism is a discipline of weight.

Its power comes from what is carried, not what is shown.